**PREPARING FOR QUARANTINE AT HOME**

Information provided via cdc.gov and ready.gov

### Food Supply

- Store at least a three-day supply of non-perishable food.
- Choose foods your family will eat.
- Remember any special dietary needs.
- Avoid foods that cause thirst.
- Consider stocking the following in addition to your non-perishables for nutrition that can keep for longer periods and meet specific dietary needs:
  - Ready-to-eat canned meats, fruits, vegetables, juices and a can opener
  - Protein or fruit bars
  - Dry cereal or granola
  - Peanut butter,
  - Dried fruit
  - Non-perishable pasteurized milk
  - High energy foods
  - Food for infants
  - Comfort/stress foods

### Water Supply

Americans can continue to use and drink tap water as usual during the COVID-19 pandemic. Please be sure to follow public health guidance as the situation develops.

For general emergencies, it is recommended that households prepare with the following:

- Store at least 1 gallon of water per day for each person and each pet. Consider storing more water than this for hot climates, for pregnant women, and for people who are sick.
- Store at least a 3-day supply, but try to store a 2-week supply if possible.
- Observe the expiration date for store-bought water; replace other stored water every 6 months.

### SAFETY & SANITATION TIPS

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<thead>
<tr>
<th>DO:</th>
<th>DON'T</th>
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<tr>
<td>Keep food in covered containers.</td>
<td>Eat foods from cans that are swollen, dented or corroded, even though the product may look safe to eat.</td>
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<tr>
<td>Keep cooking and eating utensils clean.</td>
<td>Eat any food that looks or smells abnormal, even if the can looks normal.</td>
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<tr>
<td>Discard any food that has been at room temperature for two hours or more.</td>
<td>Let garbage accumulate inside, both for fire and sanitation reasons.</td>
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<td>Discard any food that has an unusual odor, color or texture.</td>
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<td>Use ready-to-feed formula. If you must mix infant formula use bottled water, or boiled as a last resort.</td>
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*The mission of NAMI McHenry County is to provide support, education and advocacy in order to improve the quality of life of individuals with mental illness and their families.*

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